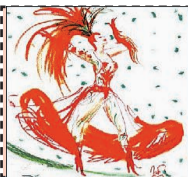


Pointers to Ponder
pg 2



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Photo study "As Is" opens at Westin Art Gallery



"What I saw is what you get," is the basic message of island photographer Annemiek van Vliet, regarding her collection of thirty works which opened at the Westin Art Gallery in Palm Beach on Saturday evening, January 8

See story on page 4

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New Year's Address by Aruba's Governor to the people of Aruba

Good evening...and Happy New Year!

A Happy New Year is what we desire each other at occasions like this one tonight. But, this year I want to go a step further: let us wish each other a happy new era! Because, in a certain sense we have just finished an era: the first 25 years of our Status Aparte (apart status within the Dutch Kingdom). And, now we are at the start of a new period of at least another 25 years!

In the first 25 years, together we achieved a lot for Aruba. That is without question. And, we can be proud of what we achieved.

To begin, we were able to create a new organization akin to our situation; we ob-



tained our autonomy so we can take our own destiny into our own hands. That was a choice we made. We had the courage to do this, because we already envisioned how we would realize it and how we would establish our own government. An important factor in the process was the overwhelming approval we received from others at the time.

Consequently our country in these 25 years – despite a difficult beginning and difficult periods – was able to develop a strong economy. We made good use of Aruba's qualities and the qualities of our people, and of the special position created by Status Aparte, to achieve what we had in mind for Aruba. We put our hands to the plow and did the work.

We ceased every opportunity which came along. That force and quality helped determine where we are today.

Yet, in all sincerity we must admit that not all is perfect in Aruba.

Continued on page 3



Pointers to Ponder

Tony A.D. Green

www.people-self-development.com

A To-Do-List To Make Your Life Happier and Healthier"

Most people know that laughter, being hopeful and optimistic make life more enjoyable, but some of us seem to be designed for seriousness, sobriety and pessimism instead.

Recent research shows that genetics may have a lot to do with the level of happiness you experience on a day to day basis. The research reveals that some people are naturally cheerful, and happy-go-lucky, while others are a bit more somber. The happy-go-lucky type they call the Sanguine. However, if you are one of those who are the opposite of the Sanguine, the somber and sober people, believe me, there are several things that you can do to influence how you feel each day.

According to the research, your genetics may determine your happiness "set point," the level of happiness that you naturally feel, but your thoughts, choices, and actions still determine how much time you spend above or below that set point. Don't tell me, I know, that in these difficult times, feeling hopeful can seem like a challenge even for natural optimists... so here's a list of simple things you can do to give your attitude a boost and take away your gloom.

1. Do what you love

You already know what you enjoy doing -- if you can find a way to make a living at it...great, otherwise consider spending time doing it as a hobby or just for fun. Too many people today are doing exactly the thing they hate, and consequently they are far from happy. Find a way to do what you love; it will definitely make a difference in how you

feel...your happiness may depend on it in great measure. Commit yourself to spend one or two hours this week doing something that you truly enjoy. And, then build this into your daily schedule.

2. Make time for family and friends

Spending time with people you love and enjoy has a relaxing and soothing effect. You'll feel wanted, respected and loved. If these people are positive, jolly and fun to be with, they will undoubtedly make you happy. But, you will have to make time to spend with them. In today's unbelievably busy world people don't just get together spontaneously anymore, you have to plan for it. So, once more, you want to be happy, then make time for family and friends.

3. Make time for laughter

Nothing eases stress like a good laugh. I am convinced that laughter is a 'good medicine' as the saying goes. Laughter triggers your body to create more antibodies and hormones that build up your immune system. As a family we try to eat together every day, and we will often give time to sharing funny jokes during our meal time. Kids come home from school pretty stressed out and Mom is tired from her chores around the house, so we make mealtime a time to unwind and have fun...it relaxes everybody. There is a short comedy section on radio Hits 100 every morning right after the morning news...it may be a good mood booster for you to start your day on. I recommend it.

4. Think positive thoughts

Many people allow their thoughts to ruin their perspec-

tive on life. You know that what you think will influence how you behave. So, stop thinking negatively and start thinking happy thoughts.

Sometimes we just need to remind ourselves that things aren't as bleak as they seem. "Today is a good day," "I'm having fun today," "I'm a great housekeeper, or busboy, or waiter, or dentist, or physician, or radio announcer, or teacher," or whatever is your profession or job. Stop thinking negatively; make it a daily practice to think positively. It will change your perspective and give you reasons to be happy.

5. Each day make a list of 5 things you are thankful for:

Another very significant feature to influence you positively is being thankful. A thankful spirit generates happiness. The more grateful you are, the happier you will be. So, instead of moping, sit back for a moment and 'count your blessings' and then be thankful for them all. It will change your perspective and put a sparkle in your eyes and a happiness you never knew before. There must be at least five things you can be thankful for every day.

6. Exercise:

As much as I am not sports inclined, or for that matter, exercise inclined, I know of the intrinsic value of daily exercise. As long as you don't overdo it, exercise has an effect similar to chocolate because it releases endorphins, which generally have an uplifting effect. Exercise is not only good for your body physically, but is especially good in releasing tension and stress. Fifteen minutes everyday is enough to lift your spirit for that day.

Continued on page 3

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New Year's Address by Aruba's Governor . .

Continued from page 2



With our focus on the development of the economy; other areas did not get the needed attention. With my background as a former school teacher you can understand why my heart beats heavily for more emphasis on our education. And, my heart beats heavily for better treatment of our environment and for the quality of the public apparatus in the broadest sense. These areas dare not get less attention. Undoubtedly the economy is the driving force of our community. Yet, it is not the only important aspect in the formation and development of a country, for the long term.

Inevitably it is government who must offer the basis or the framework to achieve this. However, we must bear in mind that the elements of success used in the past do not necessarily guarantee success for the future. That is the case for our economy as well as for government.

In an economy one needs to contend with competition and changing market circumstances. Likewise, we must reckon with the reality that governing people have become more complicated because people have become more complicated. Circumstances within the community as well as external influences have changed the way people behave and think.

Even in government there are certain elements of com-

petition. We do not have a patent on Status Aparte, for others have also begun to explore this form of government.

In the past years we succeeded in realizing our development in combination with both public and private sector cooperation. In this we were an example to others. Today, things may be different; and we must not become too conservative, overly cautious in the sense of being auto complacent.

We must adapt to the changing circumstances, or better yet, we must consider how best to again use the circumstances to our advantage, to benefit from every new circumstance.

We must endeavor today to take our Status Aparte to the next level!

For Aruba, as an island nation, the pioneer years are over; the time of experimentation has passed. We have learned the hard way what method of government really works best and which does not work. In the ensuing years we have matured and we can now demand more of ourselves. There is now limited space for errors. We must proceed cautiously because the limitation of people and means is greater. We are expected to comply with the demand for quality in a mature democracy, which entails real transparency and trust as government.

This may mean that we may have to fortify the institutions charged with the implementation of the checks and balances of government. Perhaps, we may even have to re-invent or re-discover Aruba.

Ladies and gentlemen, we have again embarked on another new year. This is a new year with many opportunities and possibilities. Let us take advantage of every opportunity.

Again, together with my family I wish each one of you a happy new year!



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Pointers to Ponder

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7. Challenge yourself:

A challenge makes us alert and self aware, which has an energizing effect mentally and physically. I love challenges, they propel me to the next level of enjoyment and I am certain it will do the same for you. Think of some thing or area in your life that requires a challenge and take it on and see your mood, your attitude change.

8. Be spontaneous:

You don't have to plan everything to the last detail.

Whether it's going out to see a movie on a whim or wrestling with your kids in the living room, being spontaneous and playful is exciting and energizing. This will release tension and stress and at the same time build helpful rapport with your kids.

If you bottle up your stress

and tension it will eat away at you and make you susceptible to all kinds of illness and health problems. One day it may explode and cause an enormous amount of damage....so, let it out, be spontaneous.

9. Reward yourself

You do great things. Rewarding yourself encourages you to do more great things and builds up your self-esteem. You were able to finally get that job assignment done. It seemed impossible to get through, but you did it. Now, reward yourself! An ice-cream (if you're allowed to eat that), a nice salad, an hour at the spa, or whatever is your fancy. You will enjoy it, and you will be happy.

10. Reward someone else

Nothing feels better than making someone else feel spe-

cial and appreciated, even if it's just a simple smile and "Thank You" for a job well done. You'd be amazed at the therapeutic effect that comes from giving to someone, rewarding someone else. It does not have to be a tangible object like money or some other gift. It may be a simple smile or a sincere pat on the shoulder.

Now, what next? Well, choose any two or three of the above pointers and do them every day for the next two weeks and see how your life will change. I can't forget to mention that the very best source for happiness, true happiness, is found in trusting God with your life. He certainly knows you best and knows exactly what you need to be happy today. Tell me how you're doing: themorningnewsaruba@gmail.com

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Did you know?

Rainbows do occur at night

It was previously thought that rainbows never appear at night. However, rainbows do appear at night and is known as moon rainbows or lunar rainbows.

To see a moon rainbow, many conditions must coincide:

1. there must be a full moon,
2. the moon must be either rising or setting,
3. and there must be mist in the air because a rainbow is made up of the rays of the sun that are reflected inside raindrops – or, in this case, the rays reflected by the moon.

Moon rainbows are a rarity; there have been only a few in the past 50 years.

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Photo study “As Is” opens at Westin Art Gallery



Annemiek with Pelicans at sunset



“What I saw is what you get,” is the basic message of island photographer Annemiek van Vliet, regarding her collection of thirty works which opened at the Westin Art Gallery in Palm Beach on Saturday evening, January 8. She is a prolific photographer and her work has been featured in group shows at the gallery prior to this first solo exposition.

Annemiek announced she considers herself a hobbyist in regards to her work; she prefers not to manipulate the images beyond simple cropping, but to show the actuality of what she saw and captured at the moment. This relates to an ongoing debate she has with colleagues in presenting her photographic work, as she prefers her audience to see the natural beauty, humor and minutiae that caught her eye,

and she feels is there for all to see if they but just take a moment to “really look around them,” rather than manipulate images with the camera or in the computer.

Her subject is Aruba—her works show a contrast and diversity and an eye for the out of the ordinary aspects of the island. A hazy day produces an impressionistic image of boats on the water, where sky and sea blend together on the horizon resulting in a very ethereal shot. A fascination with reflections has also produced some dramatically abstract photos that only reveal what they are with careful study.

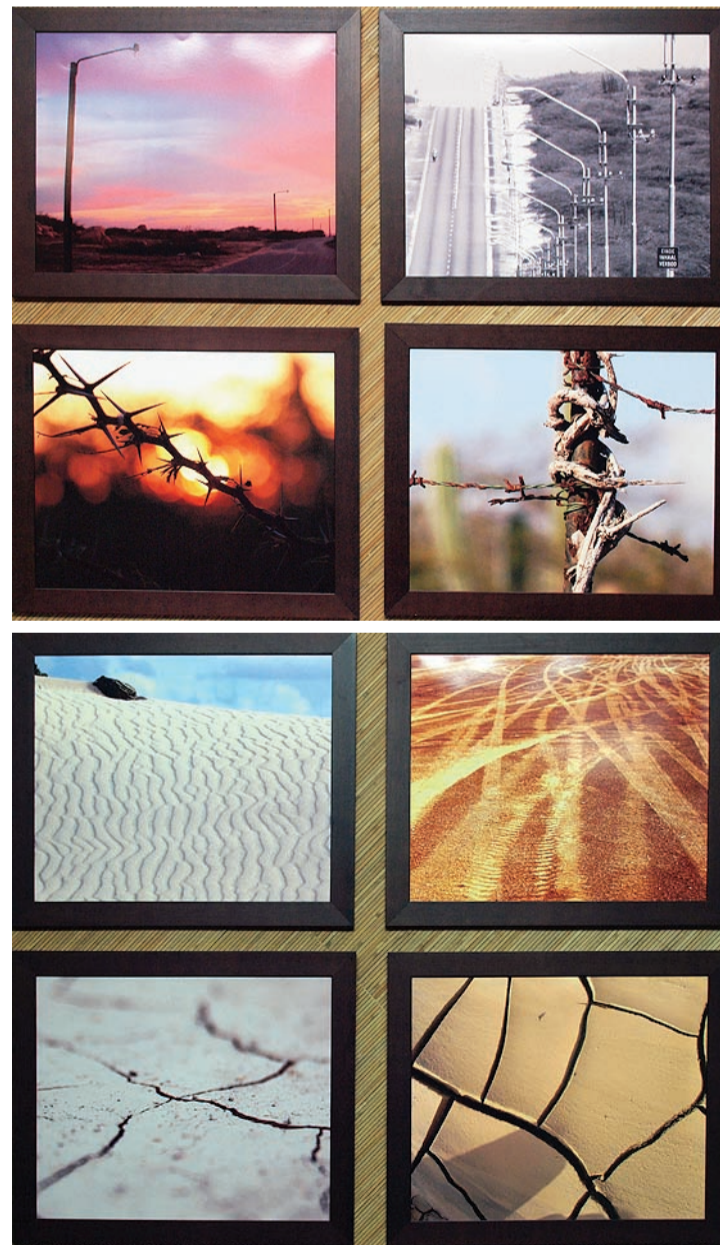
Despite her claim to show things as they actually are, her selection of images and how she has chosen to portray them does show a manipulation of reality, which then manipulates

the perceptions of those viewing the photos. The current collection is an unusual view of Aruba, most definitely “As Is” as opposed to an idealized view, which is so often commercially promoted.

The Westin Gallery is located just off the lobby of the Palm Beach resort. It is open 24/7 and a gallery representative is present every Wednesday and Friday afternoon to answer questions and handle sales. Annemiek’s photos are uniformly priced at \$140 per, unframed. A limited edition of only five prints will be made and sold of each photograph. The work will be on display until February 5.

Photos at right above shows a collage of textures and below a collage of landscapes

by Rosalie Klein



Primrose is on the look-out for friends and family members



like the other donkeys. This way she can be recognized and all her medical information is on it. The donkeys at the sanctuary are well-cared for: they get their food and drink and when they are sick the vet is called.

Yes, they are expensive customers. The volunteers try to cover the cost through organizing all kinds of activities and by selling nice souvenirs in the store.

We would like to introduce Primrose to you, one of the donkeys living at the Aruban Donkey Sanctuary.

She is only four months old, but she is a handful! Together with the other babies Thunder and Boefie she is living it up in her stable.

Primrose is the daughter of Eenoog (One Eye) and she is a Sunday's child, hence her chique name. She is a beauty: a brown donkey. Sometimes she is so funny, especially when she tries to copy the other donkeys.

Primrose is at her funniest when she does the high kick, something new in her arsenal. Because she is not too steady on her legs, she runs the risk of falling over when she does that. That happens regularly, to the delight of visitors and volunteers alike. It is the cutest thing! Other than that she is doing fine and enjoys her life among the others to the hilt.

Primrose has a chip, just

Fortunately there are visitors who adopt a donkey now and then, who donate money or who buy something in the store. They help keep the sanctuary afloat that way.

The volunteers are now looking for people who wish to adopt Primrose.

She will stay at the sanctuary, of course; the only thing that is needed is that AWG. 30,-- per month is paid for her keep. This way you help support this wonderful donkey as well as the sanctuary. You will receive a nice document and a super T-shirt. And if you like, your name and photo will be posted on our website.

Please call the shelter at 595-2933 and become Primrose's new family member; you can also register as an adoptive parent via our website www.arubadonkey.org or deposit a donation on our Aruba Bank account 40.03.025.

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Artist Nelson Gonzalez contemplates social connections



Nelson Gonzalez

Venezuelan-born artist Nelson Gonzalez and founder of Art Rap Aruba, made the island and the town of San Nicolas his home several years ago; his work consistently demonstrates a fascination with the island culture, particularly the contrasts between the life "P'ariba and P'abao di Brug," —or "East and West of the Bridge."



'Bingo as a way of life'

The bridge in question stretches over the Spanish Lagoon, about the midway point of Aruba, and in the minds of many, divides the island not only physically, but socially, economically and ideologically. Nelson's latest collection, "Oroubo" closed its two month run at his San Nicolas gallery with a final show at the Ateliers '89 in Oranjestad on Friday evening, January 7. It will now go on the road to galleries in Colom-

bia and Holland.

Nelson and Ateliers '89 are bastions of Avant Garde on Aruba; this current collection of video, mixed media, sculpture, photographs and paintings a prime example of his preoccupation with social themes and mores. He examines life in Aruba's red light district, as the island operates under the Dutch system where prostitution is legal. The fact that all the brothels are populated by Colombian



A throne for a working girl
women who come to earn their fortunes on a special 3-month permit, often leaving with quite a substantial cache after this short period, is endlessly puzzling for him, as what does this say about island life?

A repeated theme is manipulations of one of the most famous paintings by Dutch artist Dirck van Baburen,

who died in 1624 at the very young age of 29. Among the small collection he produced in his short life, "The Procress," is best known, and inspired Nelson for this present exhibit, along with aspects of Colombian culture that would encourage their women to travel to foreign lands and sell their bodies to support their families. Nelson feels there is a "Dutch-Aruban-Colombian connection here, each society supporting the other in this enterprise."

Every piece in this collection is a commentary on what are often considered illicit pleasures. Slot machines and thousands of filled in bingo cards demonstrate their accepted but subtly corrosive effect. What may be an indulgent escape for a one-week vacationer is ever-present for island residents; what are the consequences of these constantly confronted temptations?



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Sci-Tech

High note: Music thrills trigger reward chemical



PARIS (AFP) - People who become euphoric over music unleash dopamine, a brain chemical that also induces the sense of reward that comes from food, psychoactive drugs and money, an unusual study says.

McGill University researchers in Montreal, Canada, recruited eight volunteers aged 19-24 among 217 people who responded to advertisements requesting people who experienced "chills" -- a marker of extreme pleasure -- when listening to music.

After careful selection, the volunteers were put into a positron emission tomography (PET) scanner, which is able to spot a tagged chemical, raclopride, that works on dopamine receptors in brain cells.

They were also wired up to sensors that measured them for heartbeat, respiration, temperature and skin conductance.

Listening to their favourite piece of spine-tingling music, the volunteers showed a rush of physical activity and also unlocked a release of dopamine in the striatum area of the brain.

The effect occurred even in anticipation, before the "chill" peak occurred.

But no such dopamine surge was seen when the volunteers listened to neutral music which, previous tests showed, was known to leave them emotionally cold.

Seeking to find out more, the scientists then put the volunteers in a frequency mag-

netic resonance imaging (fMRI) scanner, which highlights flows of blood in the head, thus showing which part of the brain is being activated.

A part of the striatum known as the caudate was involved during the anticipation phase. But during the peak emotional response, a different striatum area known as the nucleus accumbens was involved.

The results shed light on the exclusive regard that humans have for music, say the researchers.

Reward sensation could help explain why music is liked in every society -- but also why appreciation of it is such an individual or cultural thing.

Scientists consider dopamine to be an ancient chemical that is essential for survival.

It dishes out feel-good jolts in response for life-supporting actions such as eating and for acquiring "secondary" tangibles such as money. The mechanism can also be triggered by drugs.

Gadget could ease terror of dentist's drill



LONDON (AFP) - Patients terrified by the whirring sound of the dentist's drill could benefit from a new gadget that cancels it out, according to researchers at King's College London.

The group said they had come up with a device which not only filters out the sound but allows people to listen to their own music too.

The gadget contains a microphone and a chip which analyses the incoming sound wave and then produces an inverted wave to cancel out the unwanted noise.

Patients hook up their MP3 player to the device, then plug their headphones into the gadget.

They can still hear the dentist talking to them, as the device locks on to the sound waves, removing them even if the pitch changes as it bores into teeth.

"Many people put off going to the dentist because of anxiety associated with the noise of the dentist's drill," said Professor Brian Millar.

"But this device has the potential to make fear of the drill a thing of the past.

"The beauty of this gadget is that it would be fairly cost-effective for dentists to buy, and any patient with an MP3 player would be able to benefit from it, at no extra cost."

Experts from King's College London and the universities of Brunel and London South Bank are now seeking funding to develop the project.

"What we need now is an investor to develop the product further, to enable us to bring this device to as many dental surgeries as possible, and help people whose fear of visiting the dentist stops them from seeking the oral healthcare they need," Millar said.

Health & Living

On the road: Bike riding helps Parkinson's diagnosis

PARIS, France (AFP) – Neurologists examining a patient with early symptoms of Parkinson's disease should ask that individual to ride a bike, according to unusual research by Dutch doctors.

Distinguishing between patients with Parkinson's and those with a disorder known as atypical parkinsonism is important as the two conditions have different causes and treatments. They share a set of shared symptoms, including limb tremor, slowed movement, muscle rigidity and unsteadiness -- and sometimes even advanced medical technology is unable to make an early distinction.

But, say researchers at the Parkinson Centre in Nijmegen, an effective, non-disruptive, low-cost diagnostic tool is this: can the patient ride a bike?

It may seem counter-intuitive, but people with "regular" Parkinson's often have a remarkable ability to ride a bike, as they have few problems with sideways balance and with the short, rhythmic movements needed to pedal, the doctors said in a letter published by The Lancet.

This task, though, is often too demanding for people with atypical parkinsonism, the umbrella term for half a dozen syndromes such as progressive supranuclear palsy, multiple system atrophy and corticobasal degeneration.

Parkinson's disease comes from the death of cells in a key part of the brain called the substantia nigra that produce a neurotransmitter chemical called dopamine.

The standard treatment is a drug called levodopa, which the brain converts into dopamine. But the treatment does not work effectively, or may not even work at all, in atypical parkinsonism.

The Nijmegen doctors tested their theory on 111 patients with Parkinson-like symptoms and who were able to ride a bike at the start of the study. Afterwards, 45 of the patients went on to be confirmed as having Parkinson's and 64 as having atypical parkinsonism.

During the 30 months that they were under study, two of the 45 later found to have Parkinson's stopped riding a bike, but the tally was 34 out of the 64 who were eventually diagnosed with the "atypical" disease.

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German dioxin scare eases

BERLIN (AFP) – Germany said that the number of farms banned from selling due to fears of dioxin poisoning would fall sharply in the coming days, as the government looked to ensure no repeat of the scare.

Germany banned 4,700 of its 375,000 farms last week from selling their products but

3,000 were given the all-clear on week-end.

"However, no (complete) all-clear can be given until all test results are on the table."

Police last week raided a north German firm suspected of knowingly supplying up to 3,000 tonnes of fatty acids meant for industrial use with high levels of potentially car-

cinogenic dioxins to some 25 animal feed makers.

These 25 companies then delivered reportedly up to 150,000 tonnes of contaminated feed to thousands of farms -- mostly those producing eggs and rearing poultry and pigs -- across large parts of Germany.

The government has said

there is no risk to public health.

Around 100,000 eggs were destroyed and farms banned from selling their products, as South Korea suspended imports of German pork and Slovakia halted sales of German eggs and poultry meat.

The European Commission has called export restrictions "out of proportion".



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WHAT IS IT?

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1/30

Real

HI, MOMMA.

UH-OH.. FRANCIS.. WHAT DID YOU DO LAST NIGHT..?

JEFF SMITH

A cartoon by Dave Coverly. A man in a white shirt and tie is on a telephone. A speech bubble above him says "NOTHING!". A woman with curly hair is looking at him. A speech bubble from her says "OH? EXCUSE ME FOR A MOMENT...".

FLAP FLAP FLAP
FLAP FLAP
FLAP FLAP
FLAP FLAP
FLAP



NEIL LANDMAN

THERE! WE'RE SAFE FROM THAT SNOW GOON NOW!

I WONDER WHY WE HAVEN SEEN HIM FOR A WHILE.

MOOREHEAD

A cartoon character with a square body, wearing a bow tie and holding a pencil, stands next to a crossword puzzle. The puzzle has the words 'THE MORNING NEWS' filled in.

CROSSWORD

1. ____ of the iceberg
4. Angel's instrument
8. Cain's brother
12. Stir
13. "It's a Sin to Tell ____"
14. Strong cart
15. Clattering
17. Further
18. High, in music
19. Rings
20. Window material

23. Hill
25. Peril
26. Ballad
27. Corn center
30. Beast of
burden
31. Drills a hole
32. Tavern
offering
33. Actress West
34. At a
distance
35. ____ of Capri
36. Bravery
award
38. Rose perfume
39. Stroll

41. Ripen
42. Portrayal
43. Turning into
48. Writer
 Waugh
49. Sign of the
 future
50. 22nd letter
51. Finest
52. Occupied
53. Nevertheless

1. Roofing liquid
2. Actress Lupino
3. Kettle
4. Corridors
5. Dismounted

6. Before two
Tins
7. Wooden nail
8. Madison
Avenue
executives
9. Proclaim
10. English
count
11. Caustic
solutions
16. Chore
19. Curly-tailed
dogs
20. Small weight
21. "Mona ____"
22. Puts together
23. Fable
message
24. Unique
person
26. Divan
28. Highly
spiced stew
29. Brewed
beverage
31. Commanded
35. Article
37. Choose by
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38. Torture
39. Steed breed
40. Beauty spot
41. High cards
43. Rocker Dylan
44. Flightless
bird
45. Building vine
46. Born
47. Acquire

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vote
38. Torture
39. Steed breed
40. Beauty spot
41. High cards
43. Rocker Dylan
44. Flightless
bird
45. Building vine
46. Born
47. Acquire

Sudoku

	6			2	8	3		4
	2							8
1	8			9	3	7		
	7		5		6			9
4		8				6		7
6			4		2		8	
		6	9	3			7	5
5							9	
2		1	8	5			3	

SOLUTION

6	3	4	7	5	8	1	9	2	6
1	9	8	4	6	2	7	3	5	4
5	7	2	1	3	9	6	4	8	3
3	8	5	2	7	4	1	9	6	5
7	2	6	9	3	1	8	5	4	2
9	4	6	1	3	8	5	7	2	1
2	5	7	4	8	6	3	1	9	5
8	6	9	3	7	5	2	4	1	6
4	1	5	9	6	8	3	7	2	1
3	8	6	2	4	5	1	9	7	4

Complete the grid so that every row and every column contains the numbers 1 through 9
A number is Never repeated in a row or column.
In addition every rectangle must contain the numbers 1 through 9

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Finance

Ford to create 7,000 US jobs

DETROIT, Michigan USA (AFP) – Automaker Ford announced it would hire 7,000 more US workers over the next two years as the industry continues to recover from its recent slump.

The jobs, a mix of hourly



and salaried posts, will be added this year and next, including 4,000 assembly plant posts and 2,500 manufacturing positions.

"Ford is finding competitive ways to engineer and build even more high-quality, fuel-efficient vehicles with technologies American consumers really want," said Mark Fields, president of Ford Americas.

Ford will hire salaried engineers to work on electric vehicles in Detroit and eight other US cities, the company said.

YESTERDAY'S Crossword Answer



Insurance fraud rings find fertile ground in Canada

MONTREAL, Canada (AFP) – It starts with a seemingly courteous gesture behind the wheel: an innocent driver signals to turn left, and a driver in an oncoming lane waves for him to go ahead -- when another vehicle speeds up and crashes into the turning car.

Unbeknownst to the person just hit, the collision was staged in order to collect hefty insurance payouts under provincial no-fault insurance programs. The scammers first collect insurance for their car's replacement value then submit bogus injury claims at health clinics.

In some cases, four people will agree to participate in a staged accident and will go on to submit multiple injury claims, billing for costly healthcare assessments and

treatments.

Sometimes, legitimate injuries arise from accidents -- especially if an innocent person is involved -- but in many cases, the accidents are simply "bump and runs, and quick stops."

"It's a billion dollar business," Bowman said. "And there is minimal deterrence for criminals. I think it's quite obvious that there needs to be stiffer penalties and consequences for those who commit insurance fraud."

Industry experts say automobile insurance fraud rings have become a booming business in Canada. The rings are sophisticated, highly profitable, and almost untouchable, thanks to poor government regulation, weak law enforcement and the absence of a na-

tional database to track suspect claims.

Insurance companies themselves are seen as partly to blame for not sharing information in a collective data base. Bowman said there have been concerns in the past around "privacy and data that insurers may conceive as a competitive advantage."

Insurance companies have long found it cheaper to settle a suspicious claim rather than investigate and prosecute. But faced with more complex schemes to bilk insurance companies -- and the hike in premiums passed onto consumers -- the industry is now calling for greater regulation of health clinics and a task force comprised of insurance investigators, police officers and lawyers to tackle the problem.

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-Yolanda Cellucci, Boston, Mass

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-Leopold family, New York

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China follows capsule hotel trend amid travel boom

SHANGHAI (AFP) - China has followed Japan's lead in the capsule hotel market, amid an explosion of leisure travel in the world's most populous country.

The first capsule hotel in Shanghai opened at the weekend, less than a month before the Spring Festival holiday, when hundreds of millions of people crisscross the country to celebrate Lunar New Year with their

families.

The hotel has 68 cabinet-sized rooms imported from Japan -- where capsule hotels originated -- each equipped with a power point, clock, light, television and wireless Internet, the China Daily said.

The men-only hotel charges 68 yuan (\$10) for 10 hours or 88 yuan for 24 hours, the report said, citing Ta Zan, who owns the hotel and used to work for capsule

hotels in Japan.

"This is a huge bargain compared with other budget hotels in Shanghai," Ta, 33, was quoted saying.

The report said the budget hotel near the Shanghai Rail-

way Station was the first capsule hotel in China to be built to international standards.

No one at the hotel could immediately be contacted for comment.

China's booming tourism

industry was expected to host 2.1 billion domestic and international travellers in 2010, an increase of 12 percent over the previous year, according to previous industry estimates.

Clinton says her husband still 'handsome'



ABU DHABI (AFP) - US Secretary of State Hillary Clinton still thinks her 64-year-old husband and former President Bill Clinton is "handsome," she said in a talk show Monday on the Arabic-language channel MBC.

When "we met at law school... I thought he was incredibly handsome and still do. I told him we should be introduced," Clinton said during the recorded episode.

She also described her husband as an "excellent saxophone player," adding that he was training in a small room at home.

During his presidency, he had no time to practice, she said.

When asked about her son-in-law, investment banker Marc Mezvinsky, Clinton described him as "perfect."

"We're extremely happy," she said, adding that her only daughter, Chelsea, had known him since childhood.

Clinton talked casually throughout her conversation with three female presenters - an Egyptian, a Lebanese and a Saudi - recorded in the presence of students from Zayed University in Abu Dhabi.

When asked whether she would run again for the presidency, she said she would not.

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Cas Animal Cont'd Do you have some help for this Beach Bum?

We continue our series on Cas Animal, the foundation with a single volunteer, Kiki Arndt, who has made it her life's work to rescue the stray and abused dogs and cats of Aruba. Kiki keeps 71 dogs and 11 puppies at her home, seeing to their medical care and feeding, always with the fervent hope that someone will adopt one of those she has saved from nearly certain death or terrible sickness and injury.

This week we introduce Beach Bum, a Shar Pai mix who loved to spend his days on the beach, often mooching at the various shore side eateries, and well known to all who work at the waterfront. Kiki tells us the breed is prone to an ailment of the tear ducts, where they become swollen and inflamed.

Beach Bum had captured the attention of a kind lady from Washington, D.C. who had read one of our articles and



contacted Kiki about funding the operation to have his eyes corrected. The vacationer left the money for his surgery and a recuperated Beach Bum again continued his practice of leaving his master's home several miles from the beach to spend his days befriending tourists.

Unfortunately, one eye still has a problem, and Kiki again has taken Beach Bum into her

care in the hope that some kind individual will assist with the \$200 needed to repair the eye and have the dog neutered. She reports that he is a very sweet, devoted dog and once he was fed at her refuge, now thinks of it as his home. "When ever I take a moment to sit down, he is right there begging for affection; he is a wonderfully devoted dog if treated right-very smart and loving," she reports.

Since coming to live on Aruba 14 years ago, Kiki has been rescuing dogs and cats off the streets and nursing them back to health, while psychologically rehabilitating them to their naturally affectionate and devoted dispositions. They are living proof that a little kindness goes a long way. If you wish to assist her with the newest member of the household or to adopt a local dog call Kiki at 565-2130 or 742-8732. She has several puppies up for adoption, and it is not unusual for vacationers to return to their homes with one of our very appealing "cunucu dogs." Transporting them to the U.S. or Europe is simple and she will walk you through the process. Donations are also appreciated as it costs an astronomical amount of money to feed all the animals and Kiki maintains a free Animal Ambulance to transport sick or injured dogs to the vet's office when their owners are unable to do so. Contributions can be made through CMB Bank account # 25762110 under the name of Cas Animal.



Farewell to Boney M's Bobby Farrell



Amsterdam, The Netherlands - Mourners follow the car with the coffin of Boney M singer Bobby Farrell during his funeral in Amsterdam. Roberto Alfonso Farrell was born in Aruba on October 6, 1949.

Boney M singer Bobby Farrell, was found dead Dec. 30 in his hotel room in St. Petersburg, where the group had come for a per-



formance, was buried in the Dutch town of Amstelveen on Saturday.

The 61-year-old Farrell — whose group topped the 1970s European charts with glittering showmanship and a dance floor-filling blend of disco and

Calypso music — died of heart disease.

Alphonso "Bobby" Farrell left his home on the Caribbean island of Aruba at 15 to work as a sailor, then drifted to Norway and Germany to pursue a career as a disc jockey.

Youthful Vienna Ballet continues revival



VIENNA (AFP) — A youthful premiere of contemporary choreographies by Jiri Bubenicek, Paul Lightfoot and Jiri Kylian proved the Vienna Ballet was well on the path to a renaissance.

"Schritte und Spuren" (Steps and Traces), the third premiere under Manuel Legris's five-month-old reign as ballet director, showed a fresh company light years away from stuffy old productions.

The evening kicked off with its highlight, "Le Souffle de l'Esprit" by Czech Jiri Bubenicek.

Set against a pure white background, the performance was sleek and playful, featuring the always excellent Ketyan Papava and Denys Cherevychko, and bringing forward young talents like corps de ballet member Davide Dato, who more than did justice to the buoyant choreography.

The wonderfully grotesque "Skew-Whiff" by British-Spanish duo Paul Lightfoot and Sol Leon meanwhile drew the loudest cheers of the evening, carried by its four dancers.

Mihail Sosnovski showed off his comic potential, accompanied by Cherevychko, a fine

Masayu Kimoto and the exquisite Ioanna Avraam in a whimsical performance that caused regular chuckles in the packed opera house.

A more moody "Glow-Stop" by Finnish choreographer Jorma Elo -- the only piece performed before by the Vienna Ballet -- had a chaotic start but eventually came together in the pairs' performances and its plays with shadows.

Rounding off the programme was Czech Jiri Kylian's "Bella Figura," a slower, more lyrical choreography by a favourite of Legris.

In all, this was an evening designed to showcase the dancers, with minimal costumes and set design, simple plays of light and at times, complete silence to accompany the movements on stage.

While technical and musical problems showed the venerable opera house still had some way to go to ensure a flawless ballet performance, the dancers proved they were up to the task to turn the long-neglected Vienna Ballet into a vibrant company.

Along these lines, another premiere is already planned for the end of the month: an evening dedicated to young talents.

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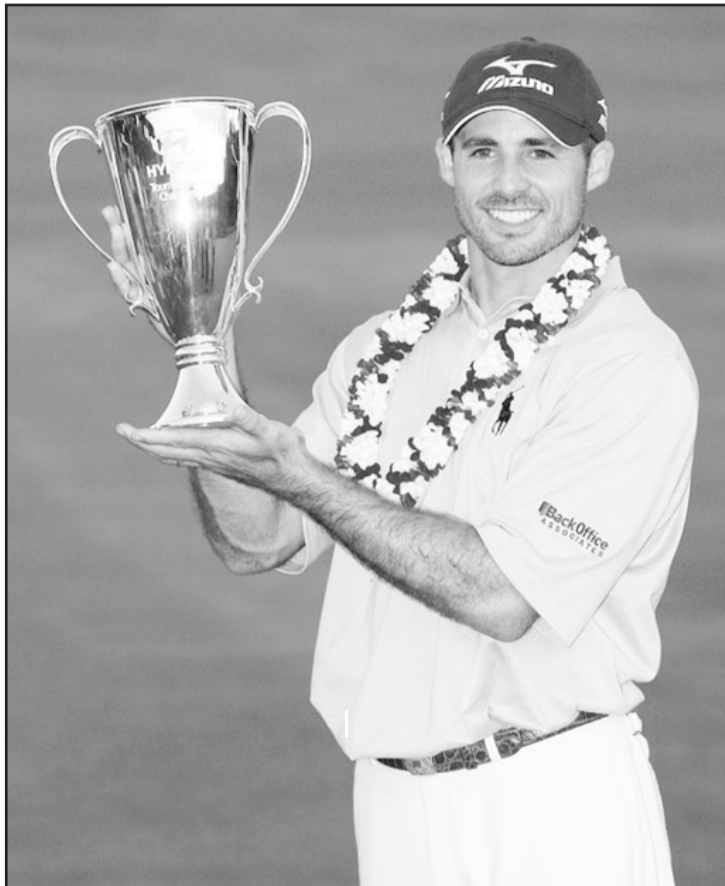
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Byrd wins playoff at PGA Tournament of Champions



KAPALUA, Hawaii (AFP) — Jonathan Byrd beat Robert Garrigus in a sudden-death playoff at the PGA Tournament of Champions, the first American to win the season-opener in a decade.

After both golfers finished at 24-under 268, Byrd parred the second playoff hole to beat fellow American Garrigus on the Plantation golf course at Kapalua Resort on Sunday.

"Man I just felt good," said Byrd, the first American

winner since Jim Furyk in 2001.

"It was a long day. I played solid all day to give myself opportunities."

The two players appeared to be heading to a third playoff hole as Garrigus lined up for a routine three-foot putt on the second extra hole.

But Garrigus botched the shot, handing victory to Byrd, who qualified for the event by making a hole-in-one in near darkness to win a three-man playoff in Las

Vegas last year.

"I just hit it too hard," Garrigus said, adding: "I am so tired right now. That shot was a microcosm of how I feel right now. That hole just got me this week."

It was the fifth career USPGA Tour win for Byrd, who earned an automatic invitation to the Masters and is also exempt for the US Open.

Northern Ireland's Graeme McDowell almost sneaked into the playoff. The reigning US Open champion matched the Plantation Course record with an 11-under 62 to finish one shot behind.

He narrowly missed a 10-foot birdie putt on the final hole.

"This golf course was green-light all day," McDowell said. "I hit a decent putt. I kind of smoked it through the break. It was just a fun day out there."

McDowell finished alone in third place at 23-under 269.

The tournament got off to an inauspicious start with two-time defending champion Geoff Ogilvy having to withdraw with 12 stitches in his hand after a bizarre ocean injury.

The following day, Camilo Villegas was disqualified because of a rules violation that was reported to tournament officials by a television spectator through an Internet Twitter account.

Maradona says he has England coaching offer

BUENOS AIRES (AFP) — Former Argentina coach Diego Maradona said on Monday he had received an offer to coach in the English Premier League — but did not divulge the name of his suitor.

"I am going to England in February to study the offer from this club," Maradona said on a visit to the Uruguayan spa of Punta del Este in comments reported by the media.

"If they can convince me I might accept," added the 50-year-old, who helped Argentina to the 1986 World Cup, including a controversial win over England in the quarter-finals, and coached them to a quarter-final exit at Germany's hands last year.

"I know one day I will coach a new team," said Maradona.

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Nuggets struggle amid Anthony's trade speculation



DENVER, Colorado (AFP) — Carmelo Anthony, the subject of increased trade speculation, scored just eight points as the Denver Nuggets lost 96-87 to New Orleans.

Numerous American media outlets are reporting that Anthony is on the trading block and a deal could come as early as the next few days.

Anthony, who has played

more than seven seasons in Denver, declined to comment on the latest trade speculation before the game.

Sunday's performance was one of the worst of his career as he got into foul trouble early and didn't score a basket until the third quarter.

He also heard boos from the Nuggets' fans in the fourth quarter sensing that his stint with the NBA team might be coming to an end. He finished three-for-11 in just 34 minutes of play-

ing time.

Chris Paul finished with 20 points and a half dozen assists and David West had 19 points for New Orleans.

West also had eight rebounds and five assists for the Hornets, who snapped a two-game losing skid. Trevor Ariza had 12 points and seven rebounds.

Beckham arrives at Spurs' training ground

LONDON (AFP) — David Beckham arrived at Tottenham's training ground on Monday, with the Premier League club still hoping they can take the former England captain on loan.

The Los Angeles Galaxy midfielder turned up at Spurs' facility in Chigwell, northeast London for a medical but did not speak to reporters.

Tottenham, who have reached the knockout phase of the Champions League, have said Beckham will only

be training with them but manager Harry Redknapp is still hopeful of signing the player on loan during the rest of the US off-season.

Beckham, after his initial visit, returned to Chigwell later Monday wearing Spurs training kit, fuelling speculation the loan deal could yet go ahead.

The 35-year-old has not played for an English club since he turned out for Manchester United on the final day of the 2002-03 season.

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Flacco powers Ravens, Rogers leads the Pack at NFL playoffs



Baltimore Ravens quarterback Joe Flacco, left, and wide receiver Derrick Mason celebrate after Ravens running back Willis McGahee.

KANSAS CITY, Missouri (AFP) — Aaron Rodgers tossed three touchdown passes and Michael Vick was intercepted in the end zone late in the game as Green Bay held on to beat Philadelphia 21-16 in the first round of the NFL playoffs.

Tramon Williams sealed the victory by intercepting Eagles quarterback Vick's pass to Riley Cooper in the end zone with 33 seconds remaining.

"We fought hard today," Rodgers said. "Big interception by Tramon who's had a great season for us."

Joe Flacco threw two touchdowns and passed for 265 yards as the Baltimore Ravens forced five turnovers en route to a 30-7 win over Kansas City in the early game Sunday.

Eagles kicker David Akers missed two field goal attempts while Vick finished with 292 yards passing and ran one touchdown in for a score.

But the Packers' defence did a good job stopping Vick, preventing him from making the game-breaking plays he is known for.

"It's a bad way to go out, but hey, I went out swinging," Vick said.

The Eagles' loss means an end to another tumultuous season for Vick. Vick is in his second year in Philadelphia but first as the starting quarterback -- a role he took over halfway through the season. He started the year as the backup after serving 21 months in prison for his role in a brutal dog-fighting ring.

Vick, who recently said he wants to own a dog again, re-

ceived some unusual support last month from American President Barack Obama who said Vick has served his time in jail and deserves another chance.

Vick also received a gift from National Basketball Association star Kobe Bryant in the form of an autographed jersey with the words "Be Epic" written on it.

Things couldn't have smoother for Vick's quarterback counterpart Rodgers, who once served as a backup to Brett Favre.

Rodgers picked up his first playoff win Sunday in just his second try.

"I never felt like there was a monkey on my back," Rodgers said. "I'm just so proud of these guys. We fought hard today. Big interception by Tramon who's had a great season for us."

The sixth-seeded Packers now head to Atlanta for a second-round playoff game next Saturday.

The Ravens broke open a tight game in the third quarter with two field goals off three turnovers to set up a playoff contest against the Pittsburgh Steelers also on Saturday.

It will mark the third time this season the Steelers and Ravens have squared off.

"We'd be happy to see them (Pittsburgh) out of it," Ravens head coach John Harbaugh said. "But it seems like it's poetic justice."

Harbaugh gave the game ball to Baltimore player Ed Reed, whose brother, Brian, is still missing after leaping into the Mississippi River on Friday while being chased by police.

Ray Rice, Anquan Boldin and Willis McGahee all scored touchdowns for Baltimore which went on a 27-

point unanswered run at one point in Sunday's AFC wild card game.

"We were able to keep going," said Flacco. "It was a really good team victory."

Kansas City now has the dubious distinction of owning the longest playoff winless streak at seven consecutive games. The Chiefs, who won the AFC West this season, have gone 17 years since their last post-season win.

Flacco completed 25 of 34 passes, including a nine-yard

touchdown pass to Rice in the second quarter that gave Baltimore a lead they would never relinquish.

Flacco's four-yard scoring pass to Boldin with 32 seconds left in the third quarter gave Baltimore a commanding 23-7 lead.

Ravens' Dawan Landry picked off a pass by Kansas City quarterback Matt Cassel to set up Baltimore at the Chiefs' 31 yard line earlier in the quarter.



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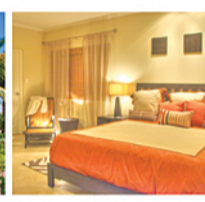
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Messi named winner of Ballon d'Or award

ZURICH (AFP) - Argentinian Lionel Messi won the Ballon D'Or for the second successive year here on Monday beating his more favoured Barcelona teammates Andres Iniesta and Xavi.

The 23-year-old - the first player to win back-to-back awards since Marco van Basten in 1988/89 - had been seen as the outsider after a modest World Cup where he failed to score and Argentina went out in the quarter-finals.

Iniesta and Xavi both had outstanding World Cups with the former scoring the only goal in the 1-0 World Cup final victory over Holland.

Messi won with 22.65 percent of the votes cast, with Iniesta on 17.36 percent and Xavi third with 16.48 percent.

Inter Milan and Dutch



playmaker Wesley Sneijder, who was a controversial omission from the short list, came in fourth with 14.48 percent.

"I was surprised but also happy at the same time," said

Messi.

"I am surprised because the prediction was that either Xavi or Iniesta would win.

"I would like to thank those who voted for me but Xavi and Iniesta equally deserved it because they had a great year and a wonderful World Cup."

Messi, who said that winning a World Cup would mean more to him than the Ballon D'Or, admitted that he desperately wanted to improve his record with Argentina, with whom he has never won a title.

"In 2011, I want to win my first title with the national side," he said.

"And as a result I asked Father Christmas to give me the present of the Copa America (which takes place this year in Argentina).

Mourinho wins coach of the year

ZURICH (AFP) - Jose Mourinho was named world coach of the year here on Monday for securing the treble of Champions League, Serie A title and Italian Cup with Inter Milan last season.

The 47-year-old Portuguese - known as the 'Special One' - edged out Spain's World Cup winning coach Vicente Del Bosque and Barcelona's Pep Guardiola, who he is now crossing swords with as Real Madrid boss.

In landing the Champions League with Inter - when they beat Bayern Munich in the final last season - he became only the third coach to win European club football's most prestigious trophy with two different clubs having first landed it with Porto in

2004.

The others were Ernst Happel, with Feyenoord in 1970 and Hamburg in 1983, and Ottmar Hitzfeld, who guided Borussia Dortmund to the 1997 trophy and then Bayern Munich in 2001.

Mourinho, never one to hide his high opinion of himself had in typically punchy fashion insisted last month that he and not Del Bosque was truly deserving of the honour.

"Me, I've made my choice. 11 months work, 57 matches played, three titles including the most important of all, 'THE' tournament, the Champions League. I have won everything, I could not do any more than that, equally so for the players."



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